



Meal Kit: Tex-Mex Stuffed Poblanos

Ingredients for 2 (double for 4): 2 poblano peppers, 8oz ground turkey OR 1 cup pinto beans (or 1/2 of each), 1 tablespoon olive oil, 1 small onion, 1-2 garlic cloves, 2 oz mushrooms (about 2-3 each), 1/3 of a medium zucchini (about 3 oz), 1/2 red bell pepper, 1 tbsp cilantro, 1 lime, 1/2 cup corn, 1/2 cup diced tomatoes, 3 tbsp red wine vinegar, seasoning cup (1 tsp each salt and cumin, 1/2 tsp each pepper, coriander, paprika) 4 oz shredded Monterey jack cheese (lime crema –if you got it- : 2 tbsp sour cream, 1 tbsp olive oil mayo, 1 tbsp white balsamic vinegar)

What you'll need: - sheet pan, cutting board, knife, skillet, cooking utensil, cooking spray, a big spoon (zester and a bit of water if you got the lime crema!)



1 Begin by preheating your oven to 425 degrees F.

Rinse off the **poblanos** and pat dry.

Next, slice them in half, lengthwise (on the thin edge, as pictured above).

2 open up the peppers..

3 ... and remove the seed bundles at the top - you can use your fingers for this, they aren't hot. You can also scoop off with a spoon, if you wish.

4 lay the peppers cut side down on a prepared baking sheet. Spray the outside with cooking spray.

5 flip over and spray the inside with **cooking spray**. You can also brush with a little oil. Bake in preheated oven for 10 minutes.

6 meanwhile, heat a skillet over medium. Add in the **ground turkey**, if using, breaking up into pieces.

7 dice up the **onion** while the turkey cooks.

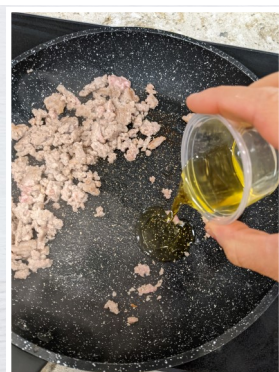
If you purchased the lime crema:

Transfer the contents of the crema cup to a small bowl. Zest in 1/2 lime for small cup and 1 whole lime for medium cup. Squeeze in 1/2 lime of juice for small cup and 1 whole lime for medium cup, stirring well. Add in just a tiny bit of water if needed to make it drizzle off the end of a spoon. Refrigerate until ready to use!

Want to see a video of this recipe?

Scan the QR code with your phones camera to access my YouTube channel with this recipe and lots more! (or search "cooking with Emily" on YouTube)





8 once the turkey is mostly cooked through, add the **oil** to the skillet..



9 along with the **diced onion**. Saute, stirring a couple times, until onion is soft, 3-5 min.



10 prep the other veggies—wipe off the mushrooms with a paper towel



11 give the **red bell pepper, zucchini, and mushrooms** a nice fine dice, nice and small!



12 add these to the skillet, stir well.



13 mince the **garlic** and add to the skillet, stirring well.



14 add in the **seasoning** cup and give it a real good stir. Let saute another **5-8** minutes.



15 after the veggies have sauteed and are nice and soft and slightly browned, turn up the heat slightly. Add the **RWV** and cook down 30-45 seconds.

DON'T FORGET ABOUT YOUR POBLANOS IN THE OVEN! :)



16 next, add in the **corn**...



17 and **tomatoes**...



18 and **beans** (if using) give a really good stir and turn off or remove from heat.



19 add in just **half of the shredded cheese**— save the rest for topping...



20 ...as well as **just half of the cilantro** (minced of course) saving the rest for garnish at the end!



21 grab your big spoon and carefully stuff each half of the poblano with the filling (you might have some extra filling!! Dip chips in it, eat it while the poblanos are cooking, put it in a tortilla, save it for later...it's up to you!) top each half with the rest of the cheese and cook in 425 oven for 10-12 minutes, until cheese is melted! Serve with lime wedges, sprinkle with cilantro, drizzle with crema (if using) and enjoy!

